Monday 10/4 National Taco Day	Tuesday 10/5	Wednesday 10/6 National Noodle Day	Thursday 10/7	Friday 10/8 National Pierogie Day
Lunch Option #1: Ground Beef Hard Tacos with Lettuce, Tomato, Cheese, Salsa, and Sour Cream	Lunch Option #1: Apple Cider Glazed Chicken Breast	Lunch Option #1: 4 Cheese Baked Ziti	Lunch Option #1: Lemon Herb Roasted Chicken	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
Lunch Option #2: Black Bean and Vegetable Burrito	Lunch Option #2: Bratwurst with Apples and Sauerkraut on a Whole Grain Roll	Lunch Option #2: Beef Hot Dog with a Whole Grain Bun	Lunch Option #2: Thin Sliced Barbecue Brisket Sandwich on a Roll with Coleslaw and Pickles	Lunch Option #2: Chicken Caesar Panini
Sandwich Option #1: Turkey, Cajun Ranch, and Avocado with Pepper Jack, Lettuce and Tomato on Wheat	Sandwich Option #1: Ham and Swiss Sub with Honey Mustard, Lettuce, Tomatoes, and Pickles	Sandwich Option #1: Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles	Sandwich Option #1: Waldorf Chicken Salad Wrap	Sandwich Option #1: Tuna Salad on Whole Wheat with Lettuce and Tomato
Salad Option #1: Mexicali Black Bean and Vegetable Salad	Salad Option #1: Chef Salad with a Whole Grain Roll	Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll	Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll	Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll
Today's Sides: Refried Beans, Chili Lime Corn	Today's Sides: Oven Roasted Local Sweet Potatoes, Mashed Butternut Squash	Today's Sides: Steamed Broccoli, Herb Roasted Potatoes	Today's Sides: Local Honey Glazed Carrots, Seasoned Brown Rice Pilaf	Today's Sides: Italian Blend Vegetables, Potato Cheddar Plerogie
Today's Fruit: Apple Slices	Today's Fruit: Apple Slices	Today's Fruit: Diced Peaches	Today's Fruit: Pineapple	Today's Fruit: Diced Peaches
1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water
Monday 10/11 National Sausage Pizza Day	Tuesday 10/12 National Gumbo Day National Pulled Pork Day	Wednesday 10/13	Thursday 10/14 National Dessert Day	Friday 10/15 National Mushroom Day
Lunch Option #1: Sausage French Bread Pizza	Lunch Option #1: Chicken and Sausage Gumbo over Brown Rice	Lunch Option #1: Scrambled Eggs, Turkey Sausage, and Pancakes with Syrup	Lunch Option #1: Roasted Pork Loin with Apple and Grain Mustard Glaze and a Whole Grain Roll	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
Lunch Option #2: Sloppy Joe sandwich on a Whole Grain Bun Sandwich Option #1:	Lunch Option #2: Barbecue Pulled Pork Sandwich on a Whole Grain Bun	Lunch Option #2: Oven Fried Mozzarella Sticks with Marinara Dipping Sauce	Lunch Option #2: Baked Fish Sticks with Tarter Sauce	Lunch Option #2: Grilled Veggie Burger on a Whole Grain Bun with Cheddar, Lettuce and Tomato
Italian Cold Cut Sub with Lettuce, Tomato and Pickles	Sandwich Option #1: Tuna Salad with Lettuce, Tomato, and Pickles on a Kaiser Roll	Sandwich Option #1: Ham and American Cheese with Mustard on	Sandwich Option #1: Barbecue Crispy Chicken Sandwich	Sandwich Option #1: Meatball Parmesan Sub
Salad Option #1: Chef Salad Today's Sides:	Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll	Wheat with Lettuce and Tomato Salad Option #1: Cobb Salad	Salad Option #1: Crispy Chicken Salad with Cheddar Cheese and Ranch	Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll
Seasoned Green Beans, Garden Salad with Ranch Dressing Today's Fruit:	Today's Sides: Seasoned Brown Rice, California Blend Vegetables	Today's Sides: Seasoned Hash Browns, German Blend Vegetables	Today's Sides: Baked Tater Tots, Cole Slaw, Whole Grain Chocolate Chip Cookies	Today's Sides: Herb Roasted Local Mushrooms, Sweet Potato Fries
Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or	Today's Fruit: Apple Slices	Today's Fruit: Fresh Fruit Salad	Today's Fruit: Mixed Grapes	Today's Fruit: Diced Pears
Bottled Water	Apple Silces 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water
			Thursday 10/21	
Monday 10/19	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/22
Monday 10/18	Tuesday 10/19	Wednesday 10/20	International Day of the Nacho National Apple Day	Friday 10/22
Monday 10/18 Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce	Lunch Option #1: Sliced Flank Steak with Gravy	Lunch Option #1: General Tso's Chicken	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast	Friday 10/22 Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
Lunch Option #1: Whole Grain Chicken Tenders with Dipping	Lunch Option #1:	Lunch Option #1: General Tso's Chicken Lunch Option #2:	International Day of the Nacho National Apple Day Lunch Option #1:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1:	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2:	Lunch Option #1: General Tso's Chicken Lunch Option #2:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggle and Hummus Wrap with Lettuce,
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilied Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoli Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain back Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoli Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Com Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoli Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Vegela and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilied Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggle and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Biend Vegetables, Baked Tater Tots
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit:	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or	International Day of the Nacho National Apple Day Lunch Option #1: Cinamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarelia Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Biend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermelon 1% Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or	International Day of the Nacho National Apple Day Lunch Option #1: Cinamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarelia Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Biend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sldes: Steamed Brown Rice, Buttered Broccoil Today's Sldes: Steamed Brown Rice, Buttered Broccoil Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoli Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Friday 10/29
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 10/25 World Pasta Day Lunch Option #1: Bats and Cobweb Pasta (bowtie pasta with meat	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Silces 1% Plain or Flavored Milk, 100% Fruit Julce, or Bottled Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoos, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggle and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Biend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Grilled Veggle Burger with Swiss, Lettuce and
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermelon 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Monday 10/25 World Pasta Day Lunch Option #1: Bats and Cobweb Pasta (bowtie pasta with meat sauce and baked mozzarella cheese) Lunch Option #2: Monster Eyeball Sub (turkey meatball sub) Sandwich Option #1: Barbecue Chicken Wrap	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sldes: Steamed Brown Rice, Buttered Broccoll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy Lunch Option #2: Grilled Turkey Burger on a whole Grain Bun with	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoli Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamo Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarelia Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream Sandwich Option #1: Turkey Club on a Kalser Roll with Lettuce,	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggle and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarelia Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermelon 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 10/25 World Pasta Day Lunch Option #1: Bats and Coveko Pasta (bowtie pasta with meat sauce and baked mozzarella cheese) Lunch Option #2: Monster Eyeball Sub (turkey meatball sub) Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Teriyaki Salmon Salad	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sldes: Steamed Brown Rice, Buttered Broccoli Today's Sldes: Steamed Brown Rice, Buttered Broccoli Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy Lunch Option #2: Grilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato Sandwich Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles Salad Option #1:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Preizel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce Sandwich Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato Salad Option #1: Tuna Salad over Garden Salad	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream Sandwich Option #1: Turkey Club on a Kalser Roll with Lettuce, Tomato, Bacon, American Cheese. Salad Option #1:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Orilled Veggie Burger with Swiss, Lettuce and Tomato Sandwich Option #1:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilied Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 10/25 World Pasta Day Lunch Option #1: Bats and Cobweb Pasta (howtie pasta with meat sauce and baked mozzarella cheese) Lunch Option #2: Monster Eyeball Sub (turkey meatball sub) Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1:	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Tuesclay 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Crilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato Sandwich Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles Salad Option #1:	Lunch Option #1: General Tso's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato Salad Option #1:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarelia Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream Sandwich Option #1: Turkey Club on a Kalser Roll with Lettuce, Tomato, Bacon, American Cheese.	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Dicod Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Grilled Veggie Burger with Swiss, Lettuce and Tomato Sandwich Option #1: Roasted Veggie and Cheddar Wrap Salad Option #1: Roasted Root Vegetable Salad Today's Sides:
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 10/25 World Pasta Day Lunch Option #1: Bats and Cobweb Pasta (bowtie pasta with meat sauce and baked mozzarelia cheese) Lunch Option #2: Monster Eyeball Sub (turkey meatball sub) Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Teriyaki Salmon Salad Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Diced Pears	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoli Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy Lunch Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles Salad Option #1: Roasted Peppers, Grilled Red Onions, and Balsamic Today's Sides: Seasoned Mashed Pumpkin, Sweet Corn	Lunch Option #1: General Tao's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Wednesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato Salad Option #1: Tuna Salad over Garden Salad Today's Sides: Baked Fries, California Blend Vegetables Today's Fruit: Sliced Appies	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Silces 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream Sandwich Option #1: Turkey Club on a Kalser Roll with Lettuce, Tomato, Bacon, American Cheese. Salad Option #1: Cobb Salad Today's Sides: Key Largo Vegetables, Spanish Rice Today's Fruit:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Grilled Veggle Burger with Swiss, Lettuce and Tomato Sandwich Option #1: Roasted Veggle and Cheddar Wrap Salad Option #1: Roasted Vegetable Salad Today's Sides: Italian Blend Vegetables, Garlic Parmesan Bread Sticks with Marinara Dipping Sauce
Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Today's Sides: Local Corn on the Cob, Baked Tater Tots Today's Fruit: Watermeion 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monclay 10/25 World Pasta Day Lunch Option #1: Bats and Cobweb Pasta (bowtle pasta with meat sauce and baked mozzarella cheese) Lunch Option #2: Monster Eyeball Sub (turkey meatball sub) Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Tertyaki Salmon Salad Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit:	Lunch Option #1: Sliced Flank Steak with Gravy Lunch Option #2: Chicken Cheesesteak Sub with American Cheese Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles Salad Option #1: Chef Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Buttered Broccoll Today's Fruit: Orange Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Tuesclay 10/26 National Chicken Fried Steak Day National Pumpkin Day Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy Lunch Option #1: Grilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato Sandwich Option #1: Roast Bed and Cheddar with Lettuce, Tomato and Pickles Salad Option #1: Mozzarolia Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic Today's Sides:	Lunch Option #1: General Tao's Chicken Lunch Option #2: Asian Beef and Broccoll Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun Salad Option #1: Asian Vegetable and Black Bean Salad Today's Sides: Fried Rice, Asian Blend Vegetables Today's Fruit: Mandarin Oranges 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottied Water Wedenesday 10/27 Lunch Option #1: Baked Chicken Tenders with Dipping Sauce Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce Sandwich Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato Salad Option #1: Tuna Salad over Carden Salad Today's Sides: Baked Fries, California Blend Vegetables Today's Fruit:	International Day of the Nacho National Apple Day Lunch Option #1: Cinnamon Apple Glazed Chicken Breast Lunch Option #2: Ground Beef and Vegetable Nachos Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes Today's Fruit: Apple Slices Today's Fruit: Apple Slices 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Thursday 10/28 Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream Sandwich Option #1: Turkey Club on a Kalser Roll with Lettuce, Tomato, Bacon, American Cheese. Salad Option #1: Cobb Salad Today's Sides: Key Largo Vegetables, Spanish Rice	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce Sandwich Option #1: Roasted Veggle and Hummus Wrap with Lettuce, Tomato and Pickles Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad Today's Sides: Italian Blend Vegetables, Baked Tater Tots Today's Fruit: Diced Peaches 1% Piain or Flavored Milk, 100% Fruit Juice, or Bottled Water Friday 10/29 National Breadstick Day Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Grilled Veggle Burger with Swiss, Lettuce and Tomato Sandwich Option #1: Roasted Veggle and Cheddar Wrap Salad Option #1: Roasted Koot Vegetables Salad Today's Sides: Italian Blend Vegetables, Garlic Parmesan Bread Sticks with Marinara Dipping Sauce